



Better Health Begins With You!

健康從你開始!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

每天吃6 - 8小份低脂肪的面包，麥粥，米飯或面條。例如，早餐選麥片粥，中餐吃三明治，晚飯吃白飯。

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

每天吃5份蔬菜和水果。例如，你可以早餐喝桔汁，午餐吃色拉，晚餐吃新鮮的豆子和炖土豆。

3. Drink at least 8 glasses of pure, fresh water every day.

每天至少喝8杯純淨新鮮的水。

4. Eat lean, low-fat meats, such as chicken or fish.

吃低脂肪的瘦肉，如鷄和魚。

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

選擇低脂或無脂的奶制品，如脫脂牛奶和凍酸奶。

6. Limit your intake of sweets and alcoholic beverages.

少吃甜食，少喝含酒精的飲料。

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

每天參加一定形式的體力活動，散步，跳舞或遊戲。

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

用植物油代替豬油或動物油做菜。蔬菜油不含膽固醇，更有益人體。

Chinese Language Version

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For more information, call (404) 651-2542.

